4-H and Parenting Education
Exploring Opportunities for Collaboration *

2019 CCE Parenting Education Conference %
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Goals for this Session

- 4-H Lightning Updates
- Exploring Possibilities Together
- Identifying Next Steps
4-H True or False?

4-H is the largest out of school youth development program in the United States?

How many youth do we reach in 4-H each year?
- USA
- New York State $
All Cooperative Extension Programs that reach youth audiences (ages 5-19) are considered 4-H programs according to USDA-NIFA and the national Cooperative Extension System.
4-H Grows: A Promise to America’s Kids

In 2025, 4-H will reflect the population demographics, vulnerable populations, diverse needs and social conditions of the country. This vision has the elements of inclusion, caring adults, serving at minimum 1 in 5 youth, and volunteers and staff reflect that reflect the diversity of the population.
The 4-H Pathways Project

Looking for Innovation in 4-H

• Phase one of the project engaged 23 professionals from 11 land-grant institutions: directors, state and county educators and partners

• Findings and Recommendations are now being shared with Extension across the nation.
For 4-H to Grow, Extension MUST Change

- A more diverse, more urban America will require new approaches, new ways of thinking.

- To deliver high-quality positive youth development to **ALL YOUTH equitably**, Extension must:
  - Engage the entire university & leadership
  - Develop new, relevant programming
  - Mobilize a new type of volunteer
  - Become flexible and entrepreneurial
4-H utilizes a common research based theory of Positive Youth Development that all States utilize to guide our program, support our staff and volunteers and evaluate the effectiveness of the program.
4-H FORMULA FOR SUCCESS

4-H PYD INPUTS + OUTCOMES = IMPACT

4-H YOUTH OUTCOMES

- Caring
- Character
- Connected
- Confidence
- Competence
- Meaningful Leadership

4-H POSITIVE YOUTH DEVELOPMENT

- Long-term Caring Adult
- Skill-Building

CONTRIBUTION

REDUCED RISK BEHAVIOR

HEAD
HANDS
HEART
HEALTH
The 4-H Thriving Model
Why the Thriving Model?

• Builds on the findings of the 4-H Program Quality task force that revealed no consistent framework for 4-H programming across the nation (Arnold and Silliman, 2017).

• 4-H educators can develop more precise goals for 4-H program activities; goals that lead clearly to enhanced PYD.

• Ability to measure PYD outcomes in addition to $content measured by Common Measures 2.0$
The 4-H Developmental Context

4-H programs done well help you thrive by...

- **Sparks**
  - Providing a place for youth to explore their interests and passions – their *sparks!*

- **Program Quality**
  - Offering programs that follow youth program quality principles with a focus on youth *belonging*

- **Youth-Adult Relationships**
  - Emphasizing *developmental relationships* with adults who are caring, challenge growth, and share power

- **Youth Engagement**
  - Engaging *youth* with sufficient program dosage, intensity and duration
Youth who thrive because of participating in 4-H…

Achieve developmental outcomes that lead to long term 4-H program outcomes

- **Head**
  - Academic or vocational success

- **Heart**
  - Contribution to others through civic engagement

- **Hands**
  - Employability and economic stability

- **Health**
  - Happiness and well being
More Research and Testing is Needed.

What works for what youth under what conditions?

Research to date suggests that in general, youth at greater risk reap more benefits from participation.

Researchers need to distinguish between core features that can be applied broadly to programs of various types, and the specific features required for programs that target specific populations, such as those of a particular developmental stage (i.e., age), cultural background, or risk status.

Roth & Brooks-Gunn, 2016
ACTIVE LISTENING

Pay attention
Look at who is talking
Do not talk

Ask questions
Follow directions
Visualise what is being said
Triad Time

Find two others and... *actively listen* as they

Describe the level of interaction in your setting between 4-H and Parenting Education.

(4 min. each)
Dyad Dive

Find one other and...actively listen as they

Describe their ideal vision of interaction between 4-H and Parenting Education staff.

(4 min. each)
Listening In & Group
Think

How are we growing together now?

How can we work together more closely and effectively?